

Food and Drug Administration  
Center for Food Safety and Applied Nutrition  
Office of Special Nutritionals

ARMS#

13005



2 - LABEL SAMPLE

**000001**

**RECOMMENDED USE:** As a dietary supplement, take 2 capsules before morning workout on an empty stomach. Also, take 2 capsules before afternoon and evening meals. Do not exceed 6 capsules daily. Taking more than the recommended amount will not improve results and may cause adverse reactions listed in the warning below. Begin use with one-half the recommended dose (one capsule three times per day) to assess your tolerance. Improper use may be hazardous to a person's health. For best results, use as part of a low-fat diet and exercise program. The maximum recommended dosage of ephedrine for a healthy adult human is no more than 100 mg in a 24 hour period for not more than 12 weeks. Please note: Guarana extract contains caffeine and should not be taken by those wishing to eliminate caffeine from the diet.

**WARNING:** Do not use if you are pregnant or nursing or if you are at risk or are being treated for high blood pressure, heart, liver, thyroid or psychiatric disease, diabetes, pernicious anemia, nervousness, anxiety, depression, seizure disorder, stroke or difficulty in urination due to prostate enlargement. Consult your health care professional before use if you are taking an MAO inhibitor or any other prescription drug. Discontinue use and consult your health care professional if dizziness, sleeplessness, tremors, nervousness, headache, heart palpitations or tingling sensations occur.

**NOT INTENDED FOR USE BY PERSONS UNDER THE AGE OF 18.**



## TWINLAB® METABOLIC ENHANCER

# CHROMIC FUEL

200 Capsules

### Two Capsules Provide:

% U.S.  
RDA

MaHuang Extract	334 mg	
(standardized for 20 mg ephedra alkaloids)		
Guarana Extract	910 mg	
(standardized for 22% caffeine)		
L-Carnitine	100 mg	
Chromium		
(from Chromic Fuel® patented chromium picolinate)	200 mcg	

\*No U.S. RDA established

**WARNING:** Diabetics may use only under a physician's supervision because this product contains chromium picolinate which may enhance insulin sensitivity.

**KEEP OUT OF REACH OF CHILDREN.**

Manufactured by:  
TWIN LABORATORIES INC.  
Ronkonkoma, NY 11779 USA



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